

Secrets Disclosed,

1187. a. 56 Or, 1187. a. 5

A TREATISE of CONSUMPTIONS;

Their various Causes and Cure. 4

SHEWING ALSO

How to distinguish between the Scurvy and Venereal Disease; and how to prevent and cure the Fistula, by Chymical Drops, without Cutting; several having been cured at once dressing:

How to know and cure the different Piles, Hæmorrhoids, Issuings, and other Diseases of the Private Parts:

Treating also of the Virtues of the great *East-India* Cordial Stone or Powder called *Antonio*:

Also the great force of Magick and Antipathy; by a Noble Experiment.

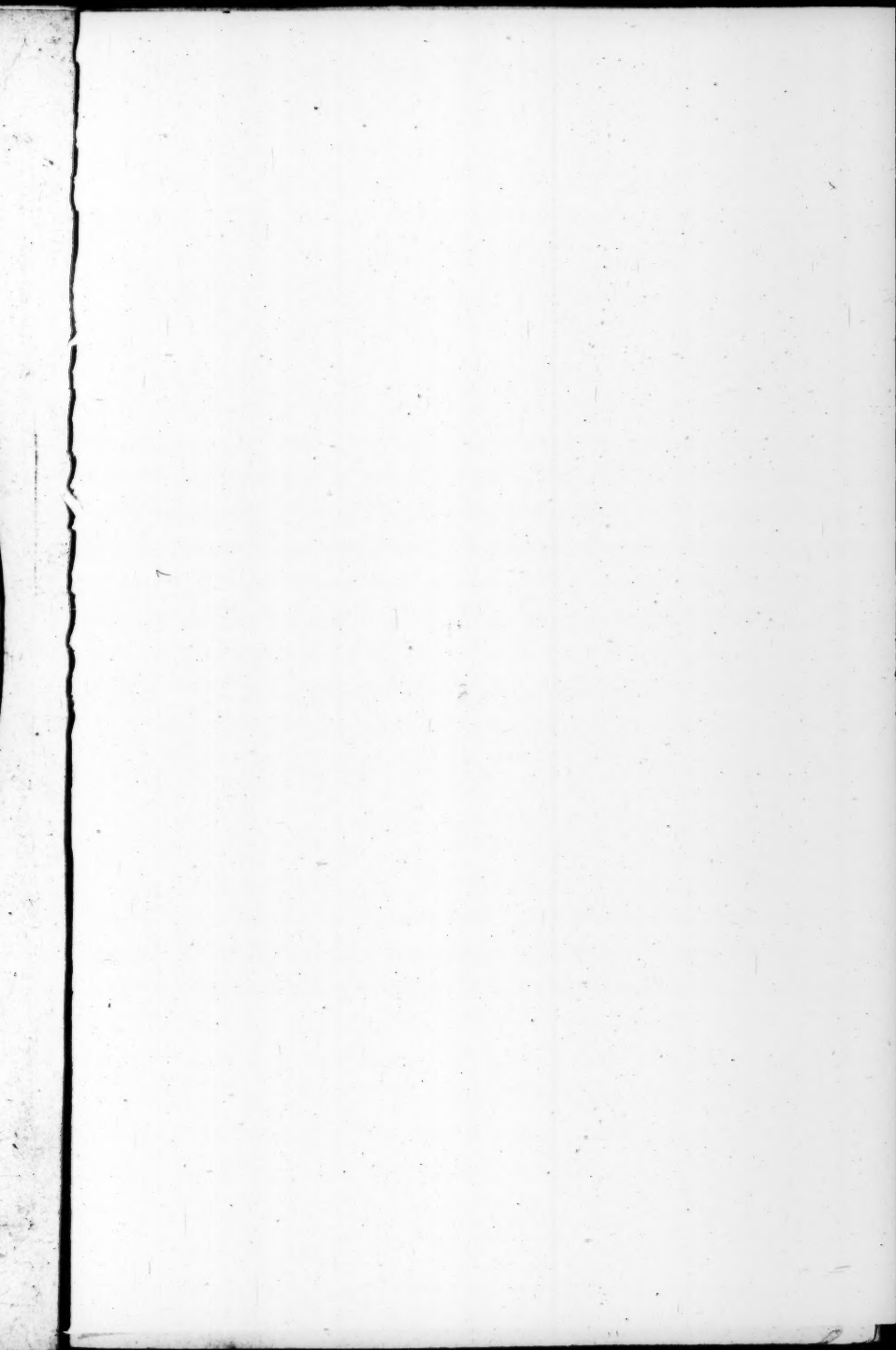
By *John Archer*, Dr. of Physick.

L O N D O N,

Printed for *William Whitwood* at the *Angel* and *Bible* in *Little-Britain*; and *Anthony Feltham* in *Westminster-Hall*. 1693.



*Vera Effigies Johannis Archer Medici
in Ordinario Regi*



Secrets Discovered

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THE
EPISTLE
TO THE
READER.

Kind Reader,

I Having about fourteen years since writ
a small Treatise, Entituled, Every
Man his own Doctor, with an
Herbal, shewing every ones Constitution,
the nature of all food, and to whom agreeable,
and of the most common Diseases how to Cure.
Which little Book was so accepted and well
esteemed, that few Booksellers Shops are now
without it; and no Foreign place, where
English inhabit, but it is in use, and Con-
sidering that Consumptions have been of late
years so mortal, that they too much furnish
the Bills of Mortality; and the very name
A 3 of

The Epistle

of a Consumption is grown so formidable, that few hope for Cure, if once sure they are in it ; the cause being evident , the neglect of means proper in the beginning , and not divulging to a skillful Physician the original Cause , so the Physick and means is used in a blindfold way ; it is possible a private Distemper undiscovered, may make a good Doctor give bad Physick : Very often discontent of Mind is the cause that Bodily helps avail nothing ; it being easier to Cure the Body than Mind : Sometimes a person is afflicted with a Venereal Distemper , that for want of a skillful Doctor, takes Physick from the ignorant , who poysons the Body with Mercury ; thence I frequently find bad and dangerous symptoms following, as pains in the Head, Neck, Back, Teeth, Deafness, Dimness of Sight, Distillations, at length a Consumption ; and without proper Medicines, Anti-venereal and Anti-mercurial, the noble parts are assaulted and overcome, and so they do make the number of them in the Weekly Bills of Mortality dead of a Consumption ; therefore to prevent Death before the accomplishment

plishment of our allowed time, is chiefly design'd, in this third part of Every man his own Doctor, shewing the chief cause of Consumptions ariseth from Melancholy, Scurvy, or the Venereal Disease, and the original cause being thoroughly known, the Disease is the better and speedier cured; the want of which knowledge (I mean the procuring cause) hath been the reason so many good Physicians have had so bad success in cure of Consumptive people; therefore it is my advice to all sick, or inclinable to a Consumption, to take timely advice, Principiis obsta, and be careful to live in good Air, use Temperance, and Exercise of Body, and with good advice and proper Physick, you may with Gods blessing, be healthy and brisk in old Age; for I may aver, that most persons living intemperately, and dying before they have lived thirty, forty, or fifty years, might as well have lived to fourscore, a hundred, or more years, if they had used (chiefly) Temperance and Exercise, as in my Book you may further find directed; Verbum sapienti sat. A way then with that necessity of

The Epistle, &c.

dying at such a time, when a man is cut off for his wickedness, or by his foolish intemperance; for the wise man said, Be not wicked or foolish over-much, why wilt thou die before thy time?

From my House at Knights-
bridge, a little Mile from
Charing-Cross, Aug. 1. 1684.

J. A.

CHAP.

CHAP. I.

*Of prevention, and Cure of
Diseases.*

IT is matter of lamentation to see the great distress poor mortals are in by the common Enemy of Mankind, languishing sickness, with grief of Mind, wandring from one Doctor to another, and from this Receipt to another Experiment, for Cure of some churlish accident which unfortunate people lie under the pressure of, till the vital and noble parts are penetrated; and chiefly by despising or neglecting small beginnings, till the Enemy of nature gets ground, and by wandring in errors path the cure is more difficult; to avoid which, let us proceed methodically, to the understanding

ing and benefit of the meanest Capacity. First, Know that all Diseases ought to be prevented, or Cured, and that the health of humane Bodies do mainly rest upon these two great Pillars, viz, the Prophylactical, and Therapeutical; the Prophylactical part shews how Diseases may be prevented, the Therapeutical shews how Diseases may be Cured, when the Body hath contracted them: the way and means to prevent Diseases, is rightly to understand every ones Constitution and Complexion, and to keep your self in a right temperament, and you must observe those six things, called by Physicians, *non-naturals*, as Air, Diet, Exercise, Sleep, Passions of the Mind, Excretion; all which you are taught in my Book, *Every Man his own Doctor*. These things being rightly ordered to every ones Constitution, and fitted in proportion to our Bodies, and so continued in use, as ought to be done by him that treads, *Via recta, ad vitam longam,*

longam, though I commend not such rigid Staticks as to eat and drink but just to such a weight, because nature may at some time or other be overcharged or lessened, therefore a moderate evenness, without exact severity, is the best Rule ; for if you do not (especially if Diseased) the Enemy of nature gets ground, and the Cure becomes more difficult, because the blood ~~is~~ vitiated ; so a Scorbute, a Cachexia, evil habit of the Body acquired, which weakens the Senses, terrifies the mind, and divers symptoms may arise, as decay of strength, weariness, spots, pains, dimness of sight, *cum multis aliis* ; for the Body being diseased adds grief to the mind, the mind being distracted encreaseth the Disease, so both being oppressed, the Patient too often despondeth, and before sufficient cause, instead of using good means and advice, do wholly neglect means of recovery, till the noble parts are infeeble, that they cannot

not perform their office for digestion, fermentation, nor due Circulation of the Blood and Spirits ; thus beginneth a Cachectical Scorbute, Consumptive decays, many ill symptoms, Hectick Feavers, complicate Distempers, and falling, *à minori ad majus*, till at length you must die ; and this is the cause of lamentation, it might have been prevented for many a year longer , to whom Solomon saith, *Quare moreris ante tempus tuum ?* and that you may not die too soon , I will endeavour to set down the chief sign of Consumptions, Scurvy, Melancholy, and the French Disease, that so you may prevent them, and knowing the signs and degrees of danger , with the more satisfaction, Cure them.

CHAP.

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CHAP. II.

BEfore I enter upon the Discourse of Consumptions in Cure, it is convenient to Advertise you of some of the chiefeſt Causes which ordinarily lead Men and Women into it, which firmly obſerved, you may with eaſe prevent the approaching Enemy, we ſay, *Venienti occurrere morbo*, for it is much better to prevent than Cure; which that you may do, take good heed to theſe ſix Harbingers or in-lets to a Conſumption; as,

First, The Scurvy.

Secondly, The Catarrh, or tickling diſtillation.

Thirdly, The Phthiſick Cough.

Fourthly, The Heſtick Feaver.

Fifthly, The Venereal Diſeaſe, not well Cured, or Mercury remaining in the Body.

Sixthly, Is Melancholy or Diſcontent of Mind, which breedeth *flatuſ*
Hypocon-

(8)
Hypochondriacus, or *Hypochondraick* Melancholy ; and lest you should not rightly distinguish the fore-mentioned Diseases in coming on you, take care to observe if any of these following Symptoms are upon you, viz.

First, If you have a continual burning in the palms of your hands, or soles of your feet.

Secondly, If you are weaker than before.

Thirdly, If you have pain between the Breast and Belly.

Fourthly , If you have a continual looseness or purging.

Fifthly, If you spit corrupt matter.

Sixthly, If you have fainty Sweats.

Seventhly , If you have a short breath, ill savoured, or a Grave-like scent from the whole Body ; these or some of these Symptoms, speak it high time to look for remedy, and according as the Symptoms are, it shews whether the Consumption comes from the Lungs, Liver or other Cause.

C H A P.

C H A P. III.

*Of a Consumption, Atrophy,
or Tabes ;*

WHich signifies a leanness, decay, or diminution from former strength and vigour, whereby the vital faculties do *senescere & tabescere*, wither and decay without visible means through want of nutrition.

This dreadful Disease which is the fatal consequence usually of other Diseases, hereditary, or personally acquired ; I think necessary to shew some differences of its kinds as in respect of cause it proceeds from, or the Disease that inducted it ; the definition most received is, *Tabes partium ingreditur Corporis soliditatem, & solvit*, a Consumption so called, because the Disease and Corrosive humours enter into the noble parts of the Body, and doth consume them

them as fire doth Metals, by melting them. The Lungs being a soft spongi-ous part, are most easily corrupted by sharp distillations and Catarrhs, yet in this Disease the Liver is principally hurt by a sharp humour in the mass of blood, which humours continue such for want of fermentation, and by additional Acrimony; from which sharpness of humours, a Catarrh or Distillation, with a tickling defluxion, especially by Night, falling upon the Lungs, which by Ulcerating, putrifying, and spreading, waste and consume the Lungs, although there may be a waste and general Consumption of the Body and strength without an Ulcer of the Lungs; yet if it once make an approach, by any Disease, it is the most dangerous of Diseases; because it speedily attacques the noble parts, and without good Remedies proves mortal; and now that we may avoid the danger of a Consumption, it is best to lay open some Diseases
that

that do most frequently and naturally bring it upon us, that so by resisting the beginnings, we may be free from the ill consequence and effects : Now I have in my practice observed, that one of these three Diseases have been the cause of Consumption in the most part of people, *viz.* Melancholy, Scurvy, or the French Disease, to which may be added Mercury as an Appendix ; I say one of these are usually the Forerunner and cause of the Consumption in the greatest part of people, whether personally acquired, or hereditary descended : And now that every one may be his own Doctor, that is, to judge by Symptoms, whether it be a Consumption, from what cause it came, and if Curable ; I shall endeavour as clearly as I can to solve all doubts, by shewing the signs of Consumption, Scurvy, Melancholy, and the French Disease ; the want of which knowledge have caused many to perish irrecoverably ; by using a wrong method,

thod , so endeavouring the Cure of another Disease by mistake , or keeping that private which ought to be considered, till despairing of Cure have yielded their Weapons (the means for recovery) and through inward discontent, shame and infirmity, have fallen into deep Consumption, and quickly made their *Exit* : thus many dying before their full accomplish'd time, through want of timely means, and true knowledge of the prognostick part of Symptoms , which through fear and shame do keep to their own heart till their Disease becomes formidable and deadly ; and finding the World defective to the sick, in Consumptions especially , in not giving them some light and guide how to be acquainted with their condition of danger, with directions how to get out of that toil, without the usual ill success ; and few Doctors do in all points satisfy their Patients Queries : Therefore I thought it useful, acceptable

ble and charitable, to give some light in so dark a Distemper ; therefore I advise, first find out and be sure of the cause that first ushered it in ; for the Venereal Consumption is to be Cured one way, and the Scorbutick another, and the Melancholy another ; that which is most likely to be your bane and death is most considerable, therefore hide nothing from your Physician of the Disease, or Cause, lest you lead him into a wrong method ; and be sure to have regard in the Cure of a Consumption, to those six things we call not natural, as Air, Food, Sleep, Passions of Mind, Exercise of Body, Venery, Excretions, Retentions ; all which are fully set forth in that little Book, *Every Man his own Doctor*, therefore needless here to direct you in ; but now I shall give you the signs ; First, of a Consumption, then of a Scurvy, Melancholy, and the Venereal Disease, and to judge of the danger of your Disease, or recovery, termed

the prognostick part, being especially useful, because many are affrighted almost out of life and hope of Recovery, by that too common received opinion, that once have a Consumption, or the Pox, you can never be well again ; which saying or doubts ought to be refuted, because many have been, and daily are recovered out of Consumptions and the Venereal Disease, the fear and doubt of which have caused many to despair, and by neglecting means have consumed and died. The usual question a sick person asks, is, How long will it be before I am Cured ; therefore know the more urging and greater Symptoms are most dangerous, and require most time for Cure, and the less the soonest and easiest cured ; and for satisfying your doubts, if afflicted, you are instructed by the signs in the several Diseases as following ; it is likely some may be your case and condition, and that you may not be deceived, consider circum-

circumstances , and consult your Doctor ; or if you please to take my Experience, by word of mouth, at my House , I shall in particulars advise you.

B 3 CHAP.

CHAP. IV.

Further signs of a Consumption, and different Disease it came from, and the part first assaulted, most worthy to be known by all.

AS I take sharp acid acrimonious humours to be the chief cause of vitiating the blood, and corroding the Lungs, &c. and this sharp acrid humour doth sometimes arise from ill digestion of food, by a bad temperament, disordered constitution, by irregular living, hurting nature in its actings, whereby comes a decay of ferments nutritive, causing ruine to the Microcosm. I say though by vicious debauch'd living an ill habit and Consumption may be acquired, yet a Consumption creeps upon some with a Hectick Fever in regular living, shewing
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ing a febrile heat in the palms of the hands, and soles of the feet, especially to be found after meat; it is called hec tick or habitual, because it is radi cated more in the solid parts than o ther Feavers, for other Feavers come in Paroxysms, this more continual, wasting the Body, as it were by melt ing it, and this not easily remedied, if not timely considered, and the princi pal efficient cause understood, for want of which many *in juventute pereunt*, do perish in the prime of their youthful days, for until the Radix of the Dis ease be overcome the food doth no good, but it may be said, *Optima sunt pessima*, and the common cause of this Feaver and Consumption to orderly virtuous people, is the Scorbute or Scurvy, by corrupting the Blood and vitiating the humours, therefore not to be cured but by Antiscorbutick Me dicines: you may know a Hec tick Consumption by being continually Feavourish, without any Paroxysms or

remissions, only the heat something greater after meat, and the Pulse quicker than after, about two hours returns to its constant usual heat, besides this Hectick Consumption and Signs, you ought to be acquainted with other sure and common Symptoms of Consumptions, for it sometimes assaults us in one kind of Disease, or part, sometimes in another, and by over-coming one part first, the whole Body after falls into decay. The common way of Consumptive inclination is first insensible; but to a judicious person, it comes on slowly, *lento pede*, but having got sure hold will not long be hid, but by making a change in your Constitution, it is best to take good advice and timely, lest the Proverb be verified, *cum serò Medicina paratur*, when too late the means is used. Various ways and with divers Symptoms the Consumption first assaults with; in some hard to find the cause from, or what it tends to, except the

Patients

Patients be so wise and ingenious, freely and openly to declare what they know of themselves ; but generally the spiritual vivacity of the Eyes and Countenance first discovers a defect in the vital Spirits, they finding an indisposition after sleep, an ill digestion of food, their strength lessened, mirth declining, not so brisk and airy as usual ; Melancholy in some, with vapours to the Heart and Head , pains of the Hypochonder , and sides , a Looseness of the solid parts, from the Bones, as the Calves of the Legs, Thighs, Arms, &c. Some have a bleeding at the Nose, which shews sharp hot humours to exceed the Balsamick Virtue ; some falls into a Looseness or Diarrhœa, with flux of the Belly , which may come from the weakness of the Liver, having lost its temperament and fermental Vertue, the Body often falls into a Scorbute, or Cachectical Hydropick, Consumptive decay, faint Sweats, oftentimes a Catarrh or Distillation, especially

especially by Night, with a tickling
 stimulation to Cough, or a rotten cor-
 rupt spitting, or a short Phthisicky dry
 Cough, or spitting of Blood ; or salt
 Spittle , or viscous or lumpy knots,
 stimulated with a sharp humour, the
 breath short and difficult ; Earthy
 smell, the Pulse either weak and dull,
 or frequent and unequal ; the Body in
 general is weak, indisposed to recrea-
 tions or lively actions, and no better
 can be expected, when the Blood and
 Spirits are vitiated, though I have set
 down all these Signs, and might many
 more, yet some few of what I have
 writ, may be too sure signs of a Con-
 sumption, and according as they are
 urgent, great or small, complicate or
 single, they are to be weighed, and
 that by an able Physician ; for people
 in this Disease are most apt to flatter
 themselves more than in any other, so
 that many when they are dying believe
 not themselves to be in danger of
 Death, because insensible of their pre-
 sent

sent weakness and decay. Unless a Looseness or Flux of the Belly debilitates them.

Many are in a Consumption by a Venereal Cause for want of discovering the Radix, the Doctor shoots beside the mark till the Disease marches on to the noble parts, and some of those sad symptoms afore-mentioned come upon them, or worse, as internal Ulcers, &c. Which I shall not here mention, referring that to the prognostick signs of the *Lues Venerea*.

CHAP.

CHAP. V.

*Of the Scurvy, and manifest
Symptoms.*

THE Scorbute or Scurvy being a Corruption of the Blood, produceth innumerable Symptoms, as may be easily judged; from putrid blood may arise, putrifaction in the Gums, redness in the Face, vapours from the Spleen, *Flatus Hypochondriacus*, sudden Flushings, obstructions, difficult Breathing, stinking Breath, Tooth Ach, looseness of Teeth, straitness of the Breast, the Body dull and heavy, and many spots, red, yellow or blue, especially in Legs or Arms; violent pains in the Head, Arms, Neck, Shoulders, Legs, Thighs, Sweats and faintness, troublesome Dreams, a watriness in the Stomach, and wambling in the Bowels; it often causeth Barrenness, wandring

wandering pains like a Rheumatismus or Running Gout ; in some a pricking in the flesh as if stung with Nettles, Itching in the Blood, in some like Tettors, Ring-Worms, or dry Scabs in Head or Face, some think it the Pox, and indeed it is near a-kin, and where they both meet, as often I have found in my practice, it must be more carefully Cured, that the noble parts may be strengthened and the blood purified ; for a complicated distemper requires more skill to Cure than some ignorant young Practitioners are aware off.

The Scurvy by corrupting the Blood, usually and quickly weakens the vitals, especially the Liver, being the *Coagulum* of the Body, which causeth fermentation, the want of which causeth obstructions ; for those Particles in the Blood which are not by fermentation alternated, must needs obstruct, excoriate, and putrify ; from whence it is easy to judge what diversity of Symptoms and Diseases may be produced

produced in our natural Bodies from one and the same original cause, viz. want of fermentation in the mass of Blood, so the Body quickly falls into an ill habit, Cachexia, or Consumption, if not timely prevented, by good Physick, proper Food, the best Air, but especially Exercise. For were the Virtue and Excellency of Exercise truly understood, many that are Diseased would not, nay thousands might be happy in the injoyment of health, who by softness, delicacy, effeminacy and idleness, want it ; so that they that moderately use it, need but little other Physick.

CHAP.

CHAP. VI.

Of Melancholy.

T*Ristitia omnia mala parit,* Melancholy or Discontent of mind is a certain Distemper which may be termed the Mother of all Miseries and Diseases, it may arise from internal or external cause, viz. from Mind or Body ; a grieved or discontented mind may affect the Head, Heart and Blood, and thence many Diseases, till Consumption and Death ; but that you may judge whether the party be much or little afflicted, it is necessary to set down some signs to judge by, and to know what degree they are in.

Signs, If Melancholy be predominant, many doubts and needless fears, with sadness and discontent, and usually very frightful Dreams, evil Cogitations, without manifest cause, frequently

quently speaking by themselves, confusedly sometimes breaking out into tears ; they delight in solitariness, they are mistrusting of all to mischief them ; their sleep but short and troublesome : Some again are as if they always laught, some seem to Prophecy and think themselves Prophets, some desire Death, some fear it ; some think themselves transformed into another Form or Creature, &c. some think they have no Head or Arms, &c. some think all they see, come to apprehend them and take them to Prison, but most are terrified with thoughts of wanting necessities for this Life, or grieve to see others in more prosperity than themselves ; some do over-busy themselves in studying, or in praying, or in what they have been Exercised ; the different effects shew the different causes , & *vice versa* , and must be cured accordingly , therefore good to resist the beginnings, lest it come to the worst of these Symptoms mentioned,

tioned, and worse might be writ, as
Despair or Madness ; but while Life
there is hope : therefore I will con-
clude my advice with that old
Verse ;

*Rebus in adversis animum submittere noli,
Spem retine, spes una hominem nec morte relinquit.*

To adverse things do not submit thy mind,
For man in Death leaves not his hope behind.

C CHAP.

CHAP. VII.

*Of the Lues Venerea, or
French Pox.*

I Having now discoursed of the Scurvy, Melancholy, and Consumptions, come next to the other part, viz. to shew what the Pox is, and how to know it and distinguish it from the Scurvy; also to set down the chief Signs, that every one may be able to judge of their danger, Cure, and event of their Disease, whether long, or short, curable or not, the want of which knowledge have caused many sick to wander from one Doctor to another, to their great damage of Purse, Persons, and Reputation; and though I shew not the materials for Cure, I mean the Physick, yet the sick have sufficient benefit, if they understand how to be cured safely,

ly, which is to be understood by those Physicians which by long and daily practice know how; for we say truly, *Nullum Medicamentum est idem omnibus*, therefore it is safest to keep Knives out of Childrens hands lest they endanger their Lives; but the knowledge of the Disease, and how to judge of your condition, I think absolute necessary for every Patient and Physician, the want of which knowledge in Patients oftentimes makes them doubt of the skill and sincerity of their Doctors, and by inconstancy hinder their Cure, and often by despair of success and grief of mind do sink under the Disease: for want of hope and assurance the heart grows sick by discontent, gets a habit of Melancholy joining with the distemper, so falling into a Consumption they die. That this may be prevented, therefore use the best means as directed; now I will tell you what the Disease is, that is called Venereal or Pox, viz. it is an occult and venenate

Disease , corrupting the radical humours of the Body, chiefly taken by contact in those porous parts of the Body in the act of Copulation, so passing through the seminal Vessels and Veins, the Liver especially, also the Brain and Reins are hurt ; and that you may know what danger you are in, if you please to consult my knowledge and experience by word of mouth, I will give you further and particular satisfaction.

CHAP.

CHAP. VIII.

*Signs of Infection by the Pox,
being the surest Rules from my
Book afore-mentioned.*

PResently after a man hath lain with an infectious Woman, he shall find a faintness or indisposition, a lassitude over the whole Body, without other cause, which is occasioned by the infection of the natural Spirits, which are the instruments of Life and Motion ; then the next symptome commonly is pain in the Head, with a vagrant wandering pain which goeth into the Shoulders from one to the other, also very frequently pain in the Groins, and Buboes there, sometimes in less than a Weeks time ; also heat of Urine, inflammation of the Yard, Pustules, and with many, a Running of the Reins ; with some an itching

over all the Body, and in some angry Pustules and Scabs, breaking out in Head, Face, and other parts ; with some there breaks out a great heat in the Palms of the Hands and Soles of the Feet, also some have an interruption or sudden starting when they begin to sleep, and great drowsiness, which is caused from the fiery Vapours: oftentimes there happens red or yellow spots upon the Body, and sore Pustules like the Scurvey; and though there be few of the former Signs, yet if there be a corrupt matter, though but a weeping or gleeing from the Privy Parts, you may be assured this is the French Disease; and I do declare I have cured those that have had it many years, as many can testify to their Comfort.

CHAP.

CHAP. IX.

*How to distinguish the Scurvy
from the French Disease, and
to know which is your Dis-
ease.*

First, Know, though the Pox be chiefly taken in Copulation with an infected Lover, yet there are many other ways that honest and innocent persons of both Sexes are and may be infected, as sometimes by the corrupt seed of the Parents to the Child, and so the Disease becomes hereditary, and after they are born it shews it self, first or last upon the Child, according to the strength of the Disease in the Parents ; and although this Disease be taken by Contagion as well as Copulation , and so others may be infected divers wayes, as by sweating with an infected Body in Bed, being

wet with sweat, and the pores of the Body being open in the warm Bed, and sleep, he may be infected ; also by the filth of Ulcers, or Drinking with any that have it in Mouth or Throat ; or kissing, a Child sucking an unsound Nurse ; or an unsound Child may infect a sound Nurse, &c. by such means many innocent people think they have but the Scurvy when 'tis the Pox : so sometimes they that are suspicious of the constancy of their Bedfellow, may suppose they have the Pox, when happily it is but the Scorbute or Scurvy : now to distinguish, and be certain, I believe there are some would willingly give an hundred Guinnies, which I shall here endeavour to satisfy *gratis* ; then know and consider, whether your self and Bedfellow, or those with whom you converse, whether they or you have been sometime before, or have given cause for suspicion, or now are troubled with heat of Urine, or any Spots, Ulcers,

cers, heat or Pustules about those passages, or gleetings, if so, conclude a Venereal Infection, if there is any pains especially in Shins, Arms, Back, &c. or Ring-Worms, or red spots about the region of the Liver, Stomach, Face or Privities; or if any Skins or Feather-like Atomes swim in your Urine; and if you find any of those Symptoms, having a precedent cause of fear, or formerly infected, and nocturnal pains, be sure 'tis Venereal; but if you have no preceding cause of Disease, you cannot have that cursed fear which generally possesses the mind of guilty persons; if only a corruption of the Blood, the Disease will not be so terrible in afflicting your Mind or Body, neither will those nocturnal night pains torment you, nor any Spots, Pustules, gleetings, or Issuings be about the Privities; if free from those Symptoms fear it not, but if afflicted in Body and Mind, if you acquaint me with your Symptoms,

'tis

'tis possible my Experience may contribute to your satisfaction.

CHAP. X.

Of Fistula's.

I Having for some Years have had more Experience in the Disease of Fistula's and Piles than most Physicians, it being desired that I should publish my knowledge therein, I have both briefly and faithfully set down their Causes, and how to know their difference and Cure, which hath been often performed by Chymical Drops, not Cutting. Therefore know,

A Fistula in *Ano*, being the worst of Fistula's, and always held to be most difficultly cured by Chirurgery, according to an old Proverb, *Fistula in Ano semper insano*; but to the praise of God, and comfort of several, I have
by

by my Drops cured divers, and some by once dressing. Therefore first we will define what a Fistula is, Secondly, How it is bred. For definition, *Fistula est ulcus putridum plerumq; Nervosum cum variis orificiis, unde Fistula dicitur*: For it hath several Orifices either Internal or External.

This Disease is bred from divers Causes, as from Blood inflamed, or Tumours, Boils, sometimes from Piles and Hemorrhoids, not discharging the corrupt blood falling into those parts of the Fundament, and Ulcers of the *Anus* or Piles, not well Cured, but most dangerous when a Venereal Disease lies lurking in the Blood and Reins, which I have known too often the cause of Ulcers and Fistula's in *Ano*, and therefore whoever attempts the Cure without taking away the original Cause, is like another *Ixion*, condemned ever to turn the Wheel up the Hill, which always runs back again. For by reason of Excrements always
passing

passing that way, the blood and humours having once found a Cavous Receptacle admits not a Remedy, but by proper and powerful Medicines, especially where the Patient is of an ill habit of Body, irregular; and the worse if of a coſtive Conſtitution. Of Fiſtula's ſome are eaſily Cured, ſome more difficultly; as thoſe that have newly had it, are eaſier cured than of long continuance: thoſe that penetrate into the *Inteſtinum Rectum*, where the Excrements are voided through the Orifice, and liquor injected, comes through the Gut out of the *Anus*; or if it paſs into the Bladder, for then the Water will come through the Fiſtula, therefore conclude, if the Fiſtula penetrates through the *Inteſtinum Rectum*, or into the Bladder, or into both; or if it be in the Sphincter Muſcle, it is moſt difficultly Cured. It ſometimes happeneth that a Tumour and Inflammation is between the Scrotum and Anus, by bruises in hard riding, which
 turn

turn to Fistula's if not Cured. Fistula's in the solid parts of the Body may by easier means be Cured, taking away the inward cause which feeds it; *Fistula Lacrymalis*, and all Fistula's near the Eyes must be cautiously dealt with, by reason of the vicinity to so noble a part as the Eye; in most of these Cases I have by long Experience found the most successful means, of which some of my Patients have acquainted his Majesty, who was pleased thereupon to Command me to help some Noble Persons afflicted with a Fistula; which Disease if not prevented, corrupts the blood and humours, vitiates the radical moisture, offends the Heart and Brain, decays the Senses, weakens the memory, and by several ways hasteneth Death, if not Cured.

CHAP.

CHAP. XI.

*Of the Piles, &c. or Verucae Ani,
Ragades, &c. and Hemor-
rhoids.*

HAVING now done with the Fistula, it is necessary to speak, and the rather, because this Disease is least handled by Authors, though a most common affliction to both Men and Women; therefore what I write must be more from my Experience in practice than prescription: it is therefore I say an evil not to be slighted by any, though not a-like dangerous in all; for where it is very painful or troublesome, as is usual to Child-bearing Women, it forceth to look for help; yet in others, if neglected, may turn to a Fistula, &c. therefore better Cured being recent than inveterate; therefore

fore take notice there are chiefly four kinds, viz.

I. *Condylomata.*

C*ondylomata* being very hard and of a callous substance like Nuts, bunching out about the Anus, but not very painful; this sort proceeds from a Melancholy Acrimonious Juice, and generally from a co-
stive Constitution.

II. *Thymi.*

NExt kind to these we shall treat of, is *Thymi*, a sort of Pile rough at top, narrower in the bottom, and large upwards; if you rub these with a coarse linnen cloath, they easily bleed, which serves for ease a little time, but soon fill again.

III. *Crista*

III. *Crista.*

THE third sort is called *Crista*, Excreffences of flesh which generally are caused from too much Venery, attracting heat to the part.

IV. *Ficus.*

THE fourth sort is called *Ficus* or Fig, being a flat sort, growing like a Mushroom, or Fig, of a narrow foundation, and a broad Superficies. Now as to the prognostick part or danger of them, as I find by the Judgment of Authors, and my own Experience, the *Condylomata* Pile is more troublesome than dangerous, yet it is obstinate to remove, because of a hard and deep rooting. *Thymi* are easier cured than the former, if they degenerate not into worse Symptoms: *Crista* have a malignancy, and as Authors say, hard to Cure, yet by my Drops I have

have Cured them at one application: *Ficus* is a dangerous Pile, or Excreſcence, becauſe ſometimes they prove Cancerous; they are moſt dangerous if ſubject to bleed, as bad as any of theſe Piles.

Ragades.

I Have found in my practice the Diſeaſe called *Ragades* or Cleſts of the Fundament, eſpecially if they have been of long continuance, being ſubject to turn into Fiſtula's they are the worſe, if they happen in old Age, in a Melancholy Conſtitution, where natural heat is wanting; if Women with Child are troubled with this infirmity, they are very ſubject to miſcarry; and in men, where they have been of long continuance, and nature hath diſburthened it ſelf that way, it will be difficult in curing by common Artiſts.

Hæmorrhoids.

LAstly, The *Hæmorrhoids* being a Flux of blood by the Fundament, occasioned by an Acrimonious humour, which generates internal Piles, call'd blind Piles, which by going to Stool do send out blood sometimes with pain : if this Disease be of long continuance, it sometimes keeps a Lunar Motion like the Feminine Sex, and proves dangerous if neglected ; it often degenerates into a Fistula ; a worse Disease cannot happen. I have been the more careful to declare in all plainness the several sorts of Fistula's, Piles, *Hæmorrhoids*, and other infirmities belonging to the back parts and Fundament, which for the most part Physicians are negligent to Cure, although they are grievous, and the most troublesome ; and I might add, the most dangerous Maladies (if neglected) belonging to the Body of Men
or

or Women, especially if we include the Disease incident to the secret parts, Reins and Bladder, all which being so nigh to each other they do often communicate the evil effects to their Neighbour-parts if not prevented, as a Fistula in *Ano* in time, often by its malign Quality perforates and eats through the Fundament, or *Intestinum Rectum*, Bladder or Sphincter Muscle, then it becomes most dangerous, and chiefly by neglect, not meeting your Malady in convenient time with good advice and powerful Medicine; so many good people that might have lived many years are cut off by languishing Consumptions, decays and Death. Now I say, as the Diseases of the Fundament are often sent to the Bladder, Reins, &c. So likewise the Disease of the private parts are more often sent to the Reins, Bladder, Fundament, yea to the Liver, Heart and Brain, all which in time might by safe Medicines easily have been Cured,

if the Patient had been so fortunate or wise as to lay open their cause of grief to an experienced and skilful honest Physician, and in these Maladies I much insist upon Experience for, *dies diem docet* ; and I cannot but acknowledge what some years past I could not effect ; I now can (*Deo juvante*) My Experience and Success in these private Diseases hath been eminently known (*Laus Deo*) for several Years, it being about fourteen Years since I published the Book called, *Every man his own Doctor*, with an Herbal, which was so acceptable, that few Booksellers in *England* but sold it ; that treating chiefly of the French Disease ; but my Fistula and Pile Drops, many Physicians and Chirurgions have desired to buy from me at a good price, which I parted with but to very few, except my own Patients. Now considering the great benefit which many afflicted people may have by the use of them. I have now first set down
in

in this Treatise the several afflictions of the back parts, whereby every one may judge of their danger, and what their Disease is, and then they may send or come to me for those Drops and Medicines which every day I use so successfully; for as the Disease differs, so do our Medicines; for we have a Maxime, *Nullum Medicamentum est idem omnibus*. The Pile Drops are sold at five shillings a Vial Glass, the Fistula Drops are at ten shillings a Vial, that the World may not longer want them; and as to the other Cure of the private parts, by any distemper by Venery, bad Cure, old or new, you may freely consult me the Author of this Treatise, who will give you advice how you may be quickly well, if not quite too late.

I shall now advise all persons afflicted with Fistula's, Piles, Hæmorrhoids, &c. that they forbear things hurtful, such are all salt Meats, Spice Meats, and sharp things; as Vinegar, Le-
D 3 mons,

mons, French Wine, Stale Beer, crude Fruit, &c. be careful of taking Cold, and sit not long upon the Close-stool, by which only error many have had the Piles, sooner got than cured. The manner of using the Pile Drops, is to warm about half a Spoonful, and dip a fine Rag or Lint, apply it to the Piles, and bind it to the part with a double Rag upon it, for they do cure the Piles and prevent a Fistula, by making sound the part applied to : For the Fistula we ought to put the Drops into it with Lint, or Syringe, and bind it to with a Plate of thin Lead, till well ; and if one Glass will not do, it is an Argument you ought to use more, and some inward means, as a Fistula Drink and gentle purging ; which is prepared by the Author hereof, who wisheth all health, and hath procured it, by means, (with Gods Blessing) to many afflicted ; to God alone be praise.

CHAP. XII.

*Of the great East-India Cordial
Stone, by some called Antonio.*

THis Universal Cordial, brought from the *Indies*, being now in great use and esteem, by all that have experimented it in health and sickness, being a preserver of health, and a remedy in Sickness, and so generally approved, that I wonder none hath writ of its worth and use, giving some Directions for the most profitable and proper way to take it; therefore I have designed in this small Treatise, to Advertise the World of its most beneficial way of taking, it being pittty so admirable a Cordial should be abused. First, for its Composition is mostly of Bezoar, Ambergreece, Pearl, Unicorns-Horn, Coral, and such other of the greatest Cordial Preservatives, Corroboraters,

and Renewers of strength and youth, and of that lively efficacy to the Vitals, that nature is soon sensible of its Friendliness, so long as there is any sense or life to act upon; for it preserves nature by procuring due fermentation and concoction, expelling (*per poros*) in a moist breathing sweat, the vitious humours and enemy of nature, which hinder nature in her actings, and turns to a Scorbute in the blood; it hinders and helps those declinings of strength and feavourish heats in palms of the Hands, or soles of the Feet, which commonly lead people into Consumptions, Hectick Feavers, Hypochondriack, Melancholy, Rheumatisms, and pains that many complain of, and think or fear it may be a worse Distemper; it is a most powerful Antidote against all infection of small Pox, Plague, and other Malignant Feavers, and a very successful Cure in the New Feaver and Ague, whether Tertian, Quartan, or Quotidian,

dian, especially if the Stomach is a little cleansed before by a safe Vomiting Pill for that purpose, which I have by me, and with great success give it; which doth most commonly Cure at first taking, which saves the dangerous use of the Jesuits Powder; but that I may profitably direct for the benefit of all the most general uses of this Stone, I will mention some of those Diseases it is useful in, and those ways it is best to take it, this being but a brief direction; many may know other uses and good Remedies not here named, but to begin with some, it is I say necessary always to carry about one, being so great an Antidote against Diseases; being made up in Balls, from the magnitude of a large Nutmeg or Prune to the bigness of four or six Ounces weight; they are most conveniently carried about one, being always ready to refresh our senses and spirits, by smelling to them, and as oft as you please you may shave

as much or as little as you will into a Glass of Wine, Beer or Water, which makes it most pleasant and cordial ; the Seamen that bring it from the *East-Indies* usually put as much Powder as will ly on a Groat into a Bowl of Punch, which gives it an excellent scent and flavor ; it is of great use to Travellers, because it performs all can be expected from a Cordial, ready at hand to be taken at any time without danger, being pleasant to smell to, and not liquid, without danger of breaking Glasses as in other Cordials, being dry ; it is a pleasant Companion which I shall scarce go without.

For Consumptions,

It is conveniently taken to the quantity of a scruple or more three times a day, Mornings, Afternoons, and going to Bed, in a little Wine, or Ale, or put into a draught of warm Milk from the Cow, with some Sugar
of

of Roses, and you will rest the better, with a pleasant breathing, and your food will better concoct.

For the Ague or Feaver.

If you desire to sweat away an Ague or Feaver with it, put half a Dram or a Dram to an Ounce of Treacle-Water, and dispose your self to sweat.

*For the small Pox, Measles,
or Plague.*

In these Distempers you cannot take a better Cordial to drive it out than half a Dram of this Powder in one Ounce or more of Treacle-Water, or good Sack, and every three hours about a scruple in a little Sack, till safely come out, and sometimes after to uphold the Spirits.

For

For Pains, Gout, Stone, &c.

It is good to take half a Dram Night and Morning in a little Sack or Whitewine, and sweat upon it.

It Cures the green Sickness, and breeds a fresh Complexion in young and old ; it is very good for all weakness of the back in Men or Women, and will remedy issuings or wastings, but for gleetings or weakness of the Spermatick Vessels, I have another excellent Cure that strengthens the Retentive Faculty in a little time, which I have remedied divers by ; and shall give directions to any *gratis* in Venereal Distempers.

The use of this Cordial Stone, or Powder, taken in some Whitewine or Sack, mightily resists the *flatus Hypochondriacus* and Melancholy; it strengthens the Memory, and by comforting the Brain revives the Senses ; it is a great helper to fruitfulness in Men and Women,

Women, inclining all to a pleasant disposition.

If taken by those in health it prevents the Gout, Dropsy, Scurvy, all infections, causing strength and a good Complexion.

For Children, it prevents and Cures Consumptions, Rickets, Liver grown, Convulsions, Worms, and other infirmities, and no ways dangerous any way taken, or in quantity also; it doth wonderfully help the easy cutting of Teeth in Children.

Now it is necessary, after acquainting you with some vertues and uses of this great *East-India* Cordial, that I also acquaint you with the prices, there being now some in my hands, sent very lately from *India*, the smallest sort of Balls are at ten shillings price, some at a Guinny, the largest of the bigness of a Turkey Egg five pound a piece, they will keep many years without the least decay.

The

The Ague Pills causing Vomiting, two being the usual Dose, is one shilling.

The Anodine Pill which gives ease in less than an hour, at one shilling each Pill, to be taken in Bed, and rest upon it.

CHAP.

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CHAP. XIII.

Of occult Qualities, of Antipathies, that vulgar Magick is Witchcraft if maliciously used.

TO Answer expectation to these Heads distinctly is my design. First, For occult Qualities, we say, it is an usual Refuge for Ignorance to take Sanctuary in, when a reason cannot be given, as to shew why such a Cause produceth such an effect; and the cause for the most part is by reason we do not labour nor search into the nature of things, but for the most part sit down with a contented Ignorance; if we cannot find our questions and doubts resolved in other mens Writings, Works and Labours, then we say by occult Quality, it is done; but truth and knowledge is dear in obtaining,

ing, and what our Predecessors were short in, we ought to discover to our Successors ; for we may better and easier do it than they from their Writings, and our own reason with Experience.

For the general discovery of the nature of things, the Doctrine of Sympathy and Antipathy Learnedly discoursed by Sir K. Digby, and others, doth in some things much facilitate the Work, shewing how by Sympathy a Medicine may work at distance upon a person by the Effluviiums of the Air, which have been experimented by applying to a cruential Cloth or Weapon, which made the Wound one while Anodine and Sanative Medicine, at which time, and during that application, they found ease and amendment ; and the applying of Vinegar, or other Corrosives to the Cloth or Weapon, should presently cause pain and anguish, though at many Miles distance ; it is related the
Italians

Italians are so well acquainted with this Magick and Philosophy, that they usually in revenge of him that hath been so unmannerly, as to ease his Body at their Doors, they presently heat a Spit or Iron-Fork red hot, and many times thrust through the Excrements of the absent person, knowing that the burning Iron, acting upon the spirits of the Body, in the new made Excrements, will corrode the Bowels, and very often they find the sad effects of it; we all forbid our Children to piss upon Fire, because it breeds a present inflammation in the Neck of the Bladder, &c. on the contrary some have accidentally been cured of a Cold Flux of the Belly, a Looseness, when their Nurses have casually cast hot ashes upon their ordure to take it away. It is not unworthy the relating an experiment of my own of this kind, about the year 1660. I being upon practice in *Dublin*, there came to my House there, a rich Citizen in the be-

E

half

half of his Wife, who had lain sick about two Months, and had made use of most of the Eminent Doctors in Town; but having no remedy, he desired my assistance and visit; when I saw her in great agony by an inflammation and burning she complained of in her Belly and Womb, which she and the Standers by said came to her in fits, holding her about two hours at a time, Mornings and Evenings: I finding her condition very deplorable, enquired of her Self, Husband and Friends, what might be the first cause, which they all being ignorant of, they told me, she being thus left by her Doctors, her Neighbours, her Mother, and all concluded she was bewitched, for the violent Fits came so exactly in time, Mornings and Evenings; after I had considered the Distemper and violent Paroxysms of pain, I sent for a Chirurgeon to breath a Vein, and that no methodical means might be wanting, I directed her Cordials

dials to an Apothecary, but all signified little, she having used good means before ; about that time I read Sir K. Digby, and some other Books of Sympathy and Antipathy, which did the more fasten it in my mind, that some strange trick or magick art had been used upon her. Her Husband being a Soap-Boiler by Trade , it came into my mind to ask the Maid Servant, and made her shew me where she emptied her Mistresses Pots of Water, so I went with her where was a great heap of Ashes made in Soap-Boiling, this standing nearer to her by much than the necessary House, she usually threw her Water upon the Ashes to save her labour of going further ; after I saw this cause of her Mistresses Disease, I told her she was the Witch that had bewitched her Mistress, and forbid her for the future to empty any more there, and having found the cause, declared it to them, but advised the sick Woman for some time after, constantly to U-

rine in a Basin half full of fair Water, by which only means she was by Gods Blessing perfectly and presently Cured, to their great Joy, and my good Reward.

Further to confirm this Philosophy of Sympathy and Antipathy, I knew a Midwife that usually came to me for some advice for her Women, that got much money by Curing of Agues, and yet gave them no Medicine, only required their Waters, which she with flower made a Cake of, and gave it to a great Dog, she always kept for that purpose, and so she transplanted the Ague and Fever out of the Man into the Dog, who was affected with hot and cold Fits, that I have seen him shake, and then the sick party grew well, the strength of the Dog and his natural heat exceeding the mans, drew the morbid matter from the Man by the magnetick quality of the diseased Urine into the Dogs Body; this is commendable magick for the good of Man;

Man : but whoever by this Art misim-
 ploys it to hurt men, it is Malice and
 Witchcraft ; but I shall break off from
 shewing too far of this magick Art,
 least evil disposed persons learn to do
 mischief, which is too much practised
 in some Foreign parts, which hath
 been a chief cause we heard so much
 noise of Poisoning lately. This Dis-
 course is sufficient to convince those
 which believe there is no Witchcraft,
 or Witches ; making void the Law
 that saith, Thou shalt not suffer a
 Witch to live. To confirm it further,
 that there are Witches, I remember a
 Relation I read of the Confession of
 Witches, such Witches that make a
 compact personally with the Devil,
 that understand not the Magical Art
 which the Devil undoubtedly teacheth
 his Followers and Imps to practise ;
 for I believe the Devil can do nothing
 miraculously or above nature, as the
 Maxime is, *Diabolus non possit efficere*
supra naturam sed in natura, the Devil
 E 3 being

being an old Naturalist knows many secrets in nature which to us are unknown and occult.

CHAP. XIV.

Of Tobacco its use and great strength. Of prepared Tobacco.

Tobacco being a Drug now generally used, especially by Melancholians, and Consumptive People, and many are so accustomed to it, that it is become a second nature ; therefore I think it but necessary to acquaint all for whom it is good, and that others may forbear it, if hurtful to their Constitutions before it be too late. I know many Authors have writ of it, have multiplied the Vertues of Tobacco , *ad infinitum* , but always remember the old Proverb (what is one mans

mans meat is another mans poison) which is very truly verified in this thing Tobacco; yet it certainly is a good vulnerary Herb as can be used to Wounds in Ointment, or the Leaf it self applied, and especially good against scab or itch in Man or Beast; but it is so forcible a worker upon the Brain, as it may be prepared and used, though but only outwardly applied; it is of that force in its nature, that it can kill some Beasts (as I have seen the Experiment of twice) and for ought I know it may do it to others; but I forbear to divulge it, lest evil disposed persons may do mischief by it. Tobacco in its nature is hot and dry, very penetrating, digesting and cleansing, forceably purging the upper Ventricle, viz. the Head and Brain, and this it performs by its hot, penetrative, attractive quality; and this it doth, as the custom is, by smoaking in a Pipe, to the benefit of some, and great damage of many others: now I

shall acquaint you who may profitably smoak Tobacco, and others may forbear ; I say if any persons can take it without too great disturbance to their Constitutions (for I know many cannot) it is most proper for cold, moist, phlegmatick Constitutions, especially if they have Catarrhs and Distillations, because it draws forth by heat to the mouth those Rheums, and sharp distillations which distill (especially by Night) upon the Lungs, and often ulcerate them, and brings the Body to Consumption and Death, for that is the worst symptom of a Catarrh when it falls upon the Lungs, which by drawing it forth it may be prevented, especially if other good things are added to Tobacco, it may then be a proper Vehicle to strengthen the Brain, and Cure Catarrhs, Distillations, and prevent and Cure Consumptions; which that it may the better do, I have composed a prepared Tobacco, which hath been much approved

ved of, and none beside my self ever published or imparted.

CHAP. XV.

Tobacco prepared for prevention and Cure of most Diseases.

ALthough common Tobacco be not good for all that take it, yet the greatest Vertues wherewith this is impregnated, doth merit the greatest rank of esteem; in use most profitable, and by many Years experience approved; it being near fourteen Years since I first published it, being the Inventor, and have now much better prepared than heretofore, being most excellent in vertue to fortify the Spirits, it resists corruption of blood and humours, preserving the noble parts from decay; for it is the most convenient

convenient Vehicle to convey powerful helps to the Brain and Spirits, renewing strength of nature (if not quite consumed) because it sends out the vitious salt acrimonious humours, by spittle and Urine, being more delightful than common Tobacco; for where it is taken it purifies the air from infectious malignity by its fragrancy, sweetens the breath, strengthens the Brain and Memory, Cures pain in the Head, Teeth, &c. revives the sight and other senses in few days using to be found; in continuance it cures Gouts, Dropsies, pains of the Limbs, Scurvy, Coughs, Distillations, Consumptions, and preserves the Lungs by drawing forth the crude salt humours; it strengthens the noble parts, few that use it need Issues, because it cleanseth the Body, drying up sores, it procureth sleep, if taken near Bed time, it opens the Body of most by Stool, but cleanseth all by Urine; it is found admirable in all Venereal Distempers: I have reason
and

and experience to commend it, by my daily success upon that Disease; for it revels to the mouth those ill humours which cause pain and issuing; it doth excuss poisonous Fluxes, raised by Mercury, which is often of worse consequence than the Disease; it is a great help in Cure of Consumptions, and likewise prevents it. The order of taking it is like other Tobacco. I formerly sold it two shillings the Ounce, now for publick benefit the best sort is but one shilling the Ounce, to be had from my Self, or Servants. Such as send for pounds to deliver out to others shall be notified hereafter: this is a safe and pleasant means to cure and prevent most Diseases arising from corruption of blood, and all vitious cold humours; it may be had from my House at *Knightsbridge*, or at the Sadlers against the *Mews*, next the *Black-Horse* by *Charing-Cross*.

CHAP.

CHAP. XVI.

A most profitable hot Bath by Steam, being the vapour or airy parts of Vegetables.

SINCE many great Diseases and infirmities are daily Cured by help of sweating, I do publish this profitable invention of mine, being a most delightful hot Bath, by steam, which far excels all the common Baths as are now used by none as I know of yet, being most prevalent against any Disease that sweating can be proper for ; this prevents a necessity of bleeding ; the Bath is to be made most agreeable to the Disease of the person to be Bathed, whether sick or in health, I cause them to sit in a Closet above the Bath, that nothing but the vapour or steam can ascend, being conveyed by Pipes it penetrates more effectually than

than Water Baths, or any other way, because the vertue of the ingredients penetrate into the pores of the Body powerfully by a hot steam, and refreshes the vital parts inwardly ; Bathing and Sweating especially prevails against all cold Diseases coming from cold congealed humours, and do render the stubbornest Diseases more curable ; by this means hot and feavourish Distempers also are breathed out, because the humours are rarified, and the pores are opened, and causeth transpiration by Sweating ; it Cures Gouts of all sorts, Lameness, Pains, Aches ; it helpeth ill smells, stinking Sweats, opens obstructions, strengthneth the Womb, maketh fruitful, by refreshing the Brain ; it clears the sight and hearing, it prevents and Cures the Dropsy and Scurvy, it compleats the Cure of Pox and Scurvy, and many sad symptoms and reliques after Physick ; it Cures Children of Rickets, causing growth, and a smooth clear Complexion ;

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Complexion; some Directions you ought to have before, as for preparation, the Body ought to be soluble before Bathing, or procure a stool by a Clyster, or Milk and Sugar; the best time to go into it is the Evening, and not to stay so long as to faint, and take care to cool by degrees, after rest and refresh your self before Bed time.

Note the Patient may bath as often as strength permits, or the Disease requires.

For these or any other Directions, you may send to the Author, at his Chamber against the *Mews* by *Charing-Cross*, who is certainly there from twelve to four, at other times at his House at *Knights-bridge*, being a little Mile from *Charing-Cross*, where is a good Air for Cure of Consumptions, Melancholy or other Infirmities.

Thus wisheth all health,

Your Friend

5-
J. A.

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